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Naval Service Medical News (NSMN) (96-13)
4 April 1996

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HEADLINE: Quantico Dramatically Cuts 'Back-to-Daycare' Chits
NMCL Quantico, VA (NSMN) -- Several staff members from Naval Medical Clinic Quantico and the base Child Development Center (CDC) recently started meeting monthly to discuss and resolve any mutual childcare issues. The issue of "back-to-daycare" chits was tackled at their first meeting.

In the past, any child who was sent home from the CDC due to illness had to have a medical officer's signature on a readmission form before being allowed to return to the CDC. This requirement necessitated one of the parents bringing the child to the clinic for evaluation, usually meaning missed work time for the parent and an increased patient load at the clinic. An average month generated 150 of these "well child" visits.

CAPT Fernando Atienza, MC, USNR, staff pediatrician, developed guidelines that are expected to decrease daycare-related visits to the clinic by 90 percent. Now, only children with illnesses that might pose a threat to others, such as bacterial meningitis and tuberculosis, are required to obtain a medical certification form to return to day care. The decrease in visits will have the dual benefit of keeping our Sailors and Marines on the job and creating more appointments for patients who truly need them. Also, it helps keep healthy children out of the clinic, where they could potentially be exposed to other illnesses.

"We are delighted that a regular meeting will resolve any

issues before they develop into problems," said Ms. Susan Goodwin, Director of Personal and Family Services Branch, Child Development Services. "All parties are clearly committed to providing the best for our families."

Story by CAPT D.J. Wear, MSC, Naval Medical Clinic Quantico

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HEADLINE: Pharmacy Changes at NNMCM Bethesda Improve Services

NNMCM Bethesda, MD (NSMNM) -- On 1 April, the pharmacy at National Naval Medical Center Bethesda began a nine-week construction project. Among the changes will be an expansion from the two existing service windows to eleven windows. A change in February -- moving the prescription refill dispensing area -- had already reduced waiting times in the main waiting area. Later this spring, the refill area will move to a specially designed area on base, away from the main hospital complex, which will include a drive-through pickup service. But you don't even need to come to Bethesda at all to pick up refills if you don't want to, thanks to a new automated prescription refill system.

All you need to use this automated system is the refill number for your prescription(s) and the phone number -- (301) 295-5500. When the "Hello! Refill System" answers, you will press "1" if you have a touch-tone phone or stay on the line for instructions for the voice recognition portion of the system. Another touch-tone option gives the main pharmacy's hours, but you can select another location to pick up your refill. Within each state option, you will be asked to select a specific site. By using this new system, you will expedite the processing of your prescription. And you could save yourself a trip to Bethesda.

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HEADLINE: Navy's 'Right Spirit' Campaign Targets Alcohol Abuse

BUPERS Washington (NSMNM) -- A new initiative to deglamorize alcohol use and prevent its abuse throughout the Navy was announced 25 March by Secretary of the Navy John Dalton. In ALNAV 011/96, Dalton stated, "any perception that alcohol is central to our traditions is wrong."

The Navy's "Right Spirit" campaign targets all hands, from Seaman to Admiral, with the goal of significantly reducing alcohol abuse and its negative effects on fleet readiness. The Marine Corps incorporated a similar campaign into their health promotion program called "Semper Fit."

The ALNAV implemented an immediate policy change regarding alcohol consumption by members under the age of 21. Effective 1 April 1996, all Department of the Navy bases and installations will be required to strictly conform with the drinking age limitations of the state or country in which they are located. This revokes previous exceptions -- most notably the one allowing Navy and Marine Corps installations within 50 miles of a foreign country with a lower drinking age (i.e., Mexico) to permit underage drinking at certain establishments on base.

Overseas installations, and ships or activities visiting

foreign ports, will conform to local country law, but in no case will drinking be permitted below the age of 18.

Along with this top-down leadership approach toward responsibility, several initiatives are being implemented by the Bureau of Naval Personnel's Drug and Alcohol Program division (Pers-60). These include enhancing alcohol abuse education, improving data-gathering on affected Sailors, and raising awareness of the consequences of irresponsible drinking.

Story by Mr. Michael McLellan, Bureau of Naval Personnel
-USN-

HEADLINE: Halyburton Corpsman Selected as CINCLANT SOY

NAVHOSP Cherry Point, NC (NSMN) -- HM2 Nicolette Leflore, Halyburton Naval Hospital's Sailor of the Year, was recently selected as the CINCLANTFLT Activities Shore Sailor of the Year.

Leflore competed against 31 other Sailors, most of whom were senior to her, from shore installations all along the East Coast, to be among three finalists who went before a board of several Master Chiefs. Finally, after much deliberation, Leflore's selection was announced 28 March. It was only the second time in 25 years that a Petty Officer 2nd Class had been selected for this esteemed award.

"Bravo Zulu to all participants," said the message announcing Leflore's selection. "Finalists can be justifiably proud of their achievements and accomplishments." Among the finalists for selection as CINCLANTFLT Activities Sea Sailor of the Year was COMMARFORLANT's Sailor of the Year, HM1(FMF) Theodore Martin.

Later this month, Leflore will report to CINCLANTFLT, where she will represent CINCLANTFLT Activities in the 1996 Atlantic Fleet Shore Sailor of the Year competition. If successful there, she would proceed to the CNO level.

Currently, Leflore is the Leading Petty Officer for the Aviation Medicine Department at Halyburton Naval Hospital. She is actively involved in her community and church, as shown by another one of her recent accomplishments -- selection as Carteret County Chamber of Commerce Service Person of the Quarter.

Story by Ltjg J.M. Daniels, MSC, USNR, Halyburton Naval Hospital
-USN-

HEADLINE: Corpsman Selected as COMNAVBASE Pearl Harbor's SOY

NMCL Pearl Harbor (NSMN) -- HM1(SS/AW/FMF) Robert Lee Spencer Jr., Naval Medical Clinic Pearl Harbor's Senior Sailor of the Year, was recently selected as COMNAVBASE Pearl Harbor's Shore Sailor of the Year for 1996.

"I had always envisioned the Sailors selected as base-wide Sailors of the Year as being 'supermen and women,'" said Spencer, after getting over his initial surprise at being selected. "Now I realize it is the dedication of those whom you work for, work with and those who work for you that makes you stand out. It takes everyone working together."

Spencer gave special thanks and recognition to CDR James D. Guth, who was his commanding officer aboard USS ATLANTA (SSN

712). "Commander Guth always ensured I had the means to do my job properly as the boat's Independent Duty Corpsman. He had faith in me throughout my tour as the boat's Medical Department Representative."

As the Leading Petty Officer of the Military Medicine Department, Branch Medical Clinic, Marine Corps Base Hawaii, Spencer assumed the combined tasks, responsibilities and leadership previously shared by three people. He also formed a mobile assessment team and developed a major plan to immunize more than 1,100 Marines, greatly contributing to the medical readiness of three Marine units.

"HML Spencer's positive attitude is contagious," said HMCM(SW) Misola, Command Master Chief at Naval Medical Clinic Pearl Harbor. "His motivation and dedication are truly representative of today's Navy leader."

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HEADLINE: Services Train Together in Combat Medicine

JMRTC San Antonio, TX (NSMN) -- At the Joint Medical Readiness Training Center in San Antonio, TX, medical department personnel prepare for combat. The action packed one week Combat Casualty Care Course, also referred to as C4, trains students in triage, field, and survival training in a simulated combat conditions. The course requires trainees to be in excellent physical condition.

"As an Intern at the National Naval Medical Center in Bethesda, MD, I can turn to any medical specialist or test needed for patient care, but C4 showed me the other side of Navy Medicine-battlefield triage and medical care at the forward echelon," said LT Ethan Flynn, MC, USNR, a recent graduate of C4.

Students at the center include doctors, physician assistants, nurses, dentists, health scientists, health care administrators, and hospital corpsmen. In a simulated combat environment students conduct mass casualty training on mock patients using make-up and moulages or fake lesions, lifting patients onto a litter, providing care in a simulated Battalion Aid Station, and operating in meager surroundings.

Field training such as the Combat Trauma Nurse Course and Advanced Trauma Life Support Survival Training for doctors prepare them for deployment and joint operations. Running obstacle courses, using gas masks, being shot at, crawling through the mud, learning navigation, and eating MREs (Meals Ready to Eat) is all part of their survival training.

"As time went on our squad coalesced from a mix of Navy, Army and Air Force doctors, dentists and nurses to form one cohesive unit. This was due to the many exercises during C4 which called on us to operate as a team in order to get the job done," said Flynn.

Story by Ms. Ann Kirby, Bureau of Medicine and Surgery

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HEADLINE: Sports Medicine -- Wrestling Injuries

NAVHOSP Jacksonville, FL (NSMN) -- With the upcoming Olympics, and Navy wrestlers contending for selection to the U.S.

Team, the already popular high school sport of wrestling is getting renewed attention. With increased participation, the number of injured wrestlers will also increase.

Injuries abound in wrestling -- in high school the injury rate is 25-75 percent, in college it's 50-75 percent. These numbers represent the proportion of athletes who need medical attention from the trainer or physician. In addition, a recent survey noted that college wrestlers had an average of 0.7 to 2.4 injuries per wrestler.

Wrestling injuries are of three broad categories: direct contact, twist and skin rub. Most injuries occur during takedowns, specifically to the opponent being taken down.

Direct contact injuries include direct blows to the head or neck and a knee hitting the mat, with the most common being nosebleeds. These injuries can be lessened with proper head padding, ear padding, knee padding, education and strict enforcement and banning of illegal "slam" takedowns and intentional "head-butting."

The knee is most commonly injured in the "twist" category, but sprains and strains caused by twisting can also affect the ankle, back, neck, fingers and shoulders.

Incidental "skin burns," or rubs, are the third category of injury and can often lead to infections.

The coach plays a large role in maintaining a healthy team by enforcing the rules and attending to hygiene and safety issues.

Wrestlers can help themselves with proper conditioning and adequate stretching, which will help limit sprain and strain injuries.

Story by LCDR Jack Michalski, MC, Orthopaedic Surgeon, Naval Hospital Jacksonville

-USN-

HEADLINE: USS BENFOLD Commissioned in San Diego

OASD(PA) Washington (NSMN) -- USS BENFOLD (DDG 65) joined the Pacific Fleet during commissioning ceremonies on 30 March at Broadway Pier, San Diego.

The guided missile destroyer is named after HM3 Edward Clyde Benfold (1931-1952), who was posthumously awarded the Medal of Honor for extraordinary heroism in the Korean conflict.

Under heavy artillery and mortar barrages by enemy forces, Benfold moved from position to position to treat the wounded in the face of intense hostile fire. As he approached two Marines in a large crater on an exposed ridge line, an enemy soldier threw two grenades into the crater. Picking up a grenade in each hand, Benfold leaped out and hurled himself against onrushing enemy soldiers -- killing the attackers and himself.

Dorothy Waida, widow of the ship's namesake, was the ship's sponsor. Edward J. Benfold, HM3 Benfold's son, participated in the ceremony.

BENFOLD will have a crew of 26 officers, 24 chief petty officers and 291 enlisted personnel and will be homeported in San Diego.

Story provided by the Office of the Assistant Secretary of

HEADLINE: Officer Selection Board Schedule Changes

BUPERS Washington (NSMN) -- The convening date of the FY97 Active-Duty LCDR Staff Corps selection board has been moved up to facilitate Senate confirmation before the general election recess. The board, originally scheduled for 10 June (announced in ALNAV 082/95) will now convene 6 May.

Eligible lieutenants should verify the completeness of their service record with their detailee as soon as possible, specifically ensuring their latest fitness report (for the reporting period through 31 January 1996) has been entered. All personal correspondence from eligible officers must be received prior to the 6 May convening date.

The FY97 Reserve Captain and Commander Staff Corps selection boards (originally announced in ALNAV 013/95) have also been rescheduled. They will now convene 20 May.

Other information from the original ALNAV, including procedures for forwarding correspondence to the board and eligibility zones, remains valid. More information on these changes is available in ALNAV 009/96.

Story by LT Kelly Watson, Bureau of Naval Personnel

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HEADLINE: TRICARE Questions and Answers

BUMED Washington (NSMN) -- As TRICARE comes on line across the country, beginning last year and expected to be available throughout the United States by May 1997, questions about this Department of Defense managed health care program come up. Each week, the Naval Service Medical News will include "TRICARE Questions and Answers" to answer them.

Q: Does the enrollment fee have to be paid all at once or can it be a payroll deduction or other installment method?

A: Under current DOD policy, families or individuals who want to join Prime, but do not wish to pay all of the enrollment fee in a single payment, may elect to pay their enrollment fee on a quarterly basis. The quarterly payment for an individual enrollment will be \$57.50 and family enrollment will be \$115. Payment will be due the first of the month, every three months, and a small processing fee of \$5 per installment will be charged to cover the additional administrative expenses.

If you have questions about TRICARE you'd like answered in this column, please contact the editor (see last paragraph of this message on ways to do so).

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HEADLINE: Navy Medical Department People Involved in Operations

BUMED Washington (NSMN) -- The Navy Medical Department continues to be at the leading edge providing medical support to the Navy and Marine Corps team through deployments with the fleet

and humanitarian operations. Here is the latest update on where our medical people are on assignment.

Medical forces currently on operational assignment are:

Operation Joint Endeavor

Navy Medicine is currently providing support for the NATO peacekeeping efforts in the Former Yugoslavia. A four-person medical team from U.S. Naval Hospital Naples, Italy, is deployed to Zagreb, Croatia. Additionally, a Preventive Medicine Officer from EPMU-7, Naples, and a Reserve Medical Service Corps Officer (Plans, Operations, and Medical Intelligence Officer) are deployed in support of NATO Command in Stuttgart, Germany.

Operation Full Accounting

Navy General Medical Officers (GMOs), Physician Assistants (PAs), and Independent Duty Corpsmen (IDCs) participate in this operation by volunteering to serve tours ranging from just under two weeks to two months to support the teams searching for remains of MIAs and POWs in Laos, Cambodia and Vietnam. The next mission is scheduled this month for an IDC from Naval Hospital Great Lakes, IL, and another mission is scheduled for June for a GMO from Naval Hospital Newport, RI. Those who meet the qualifications and wish to volunteer may contact BUMED's HM2 Salicrup at DSN 762-3427 or commercial (202) 762-3427.

Exercise Support

MMART Five (5) from Naval Hospital Bremerton, WA, returned home from a successful deployment aboard the USS BELLEAU WOOD (LHA 3) providing medical support for a WESTPAC exercise.

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HEADLINE: HEALTHWATCH: Exchanges Help Sailors Kick the Habit
NEX Virginia Beach, VA (NSMN) -- Your Navy Exchange wants to help you kick the smoking habit. Nicorette, the smoking cessation program, is coming to your Navy Exchange on 18 April. Previously, Nicorette was only available with a doctor's prescription.

"Nicorette is the first smoking cessation product to have Food and Drug Administration approval to sell over the counter," said Debbie Scher, health & beauty aids buyer for the Navy Exchange Service Command.

Exchange customers who are at least 18 years old, can choose from two different Nicorette programs. The 2 milligram kit is for someone who smokes less than 25 cigarettes per day; the 4 milligram kit is for someone who smokes more. Each kit includes a committed quitter program enrollment card, self-help audio tape, users guide with instructions and quitting tips and 108 pieces of gum, which should last nine to 12 days. Refill kits will be available.

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3. May Calendar

Asian/Pacific American Heritage Month, "Asian/Pacific Americans United: One vision - One Mission - One Voice"

National Physical Fitness and Sports Month (202/272-3427)
 Allergy and Asthma Awareness Month (1 800 878-4403)
 National Arthritis Month (404/872-7100, ext. 6343)
 Better Hearing and Speech Month (301/897-5700)
 Better Sleep Month (703/683-8371)
 Breathe Easy Month (1 800 LUNG-USA)
 Correct Posture Month (1 800 986-4636)
 Oncology Nursing Month, (412/921-7373, ext. 222)
 National Digestive Diseases Awareness Month (202/544-7497)
 National High Blood Pressure Month (301/251-1222)
 Huntington's Disease Awareness Month (212/242-1968)
 National Melanoma/Skin Cancer Detection and Prevention Month
 National Mental Health Month (703/684-7722)
 National Neurofibromatosis Awareness Month (1 800 323-7938)
 National Sight-Saving Month (1 800 331-2020)
 National Stroke Awareness Month (1 800 STROKES)
 National Trauma Awareness Month (1 800 556-7890)
 Older Americans Month (202/401-4541)
 1-8 May: Safe Senior Week/Graduation Programming (303/871-3068)
 2 May: National Day of Prayer
 4-5 May: A Joint Parade -- a celebration of mobility in support of orthopaedic research and education programs nationwide (1 800 TEL-OREF)
 4-11 May: National Safe Kids Week (202/884-4993)
 6 May - 10 June: 1996 Navy-Marine Corps Relief Society Fund Drive, "Here for You Yesterday, Today, Tomorrow"
 6-12 May: National Nurses Week (202/651-7021)
 6-12 May: National Stuttering Awareness Week (1 800 992-9392)
 10 May: Military Spouse Day
 11-19 May: Armed Forces Week, "America's Armed Forces: Pillars Of Freedom" -- Armed Forces Day is 18 May
 12-18 May: Alcohol and Other Drug-Related Birth Defects Awareness Week
 12-18 May: National Running and Fitness Week
 12-18 May: National Medical Transcriptionist Week (209/551-0883)
 12-18 May: National Nursing Home Week (202/842-4444)
 12-18 May: National Osteoporosis Prevention Week
 12-19 May: National Hospital Week (916/552-7504)
 13 May 1908: Navy Nurse Corps Established
 15 May: National Employee Health and Fitness Day (317/237-5630)
 19-25 May: National Emergency Medical Service Week (202/728-0610, ext. 3904)
 19-25 May: National Surgical Technologist Week (303/694-9130)
 29 May: National Senior Health and Fitness Day (1 800 828-8225)
 31 May: World No Tobacco Day (202/466-5883)

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HEADLINE: BUPERS Lists Important Dates in April

BUPERS Washington (NSMN) -- The Bureau of Naval Personnel reminds Sailors of upcoming selection boards, application deadlines and other important dates for Navy men and women.

9 April: Morning (0600-0800) and night (until 2200) detailing (Washington, DC, time)
15 April: E9 evaluation reports due
15 April: Active O5 Staff Corps selection board convenes
15 April: Fleet Support Community CO/XO screen board convenes
15 April: Transfer/Redesignation selection board convenes
22 April: Reserve O5 Line selection board convenes
23 April: Morning (0600-0800) and night (until 2200) detailing (Washington, DC, time)
25 April: Joint Specialty Officer selection board convenes
30 April: Mid-term fitness report counseling for Active O4
30 April: Mid-term fitness report counseling for TAR/Inactive O3
30 April: Mid-term evaluation counseling for all E3 and below
Story by LT Kelly Watson, Bureau of Naval Personnel
-USN-

HEADLINE: Child Abuse Prevention Month

BUPERS Washington (NSMN) -- In NAVADMIN 072/96, VADM Skip Bowman, Chief of Naval Personnel, reminded Navy personnel that April is National Child Abuse Prevention Month as well as the Month of the Military Child. This year's theme is "Constructing Creative Solutions to a Community Problem."

Bowman urged commanders, commanding officers, and officers in charge to focus efforts to end the cycle of violence against children. "In 1995 there were over 1,000,000 confirmed cases of child abuse in the United States," he said in the NAVADMIN, released 23 March 1996. "Every 30 seconds, a child became a victim of abuse. Although incidents of abuse in the Navy have declined over the past three years, 3,822 Navy children were reported abused or neglected last year. Five of those children died.

"The effects of child abuse can last a lifetime. our goal is to protect our children by preventing abuse and neglect," continued Bowman. "It's important that we remain committed to child abuse prevention all year long, not just in April. Keeping children safe is everyone's responsibility. Children who are loved and nurtured today become tomorrow's healthy, nurturing adults, including our future Sailors. Together we can break the cycle of abuse."

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HEADLINE: 1996 Savings Bonds Campaign Began 1 April

BUPERS Washington (NSMN) -- The annual Savings Bonds Campaign is underway, focusing on providing factual information which emphasizes the advantages of savings bonds as a means of systematic savings. The goal for the campaign, which ends 3 May,

is to increase overall participation by 10 percent and for 20 percent of current bond buyers to increase their existing allotments. This year's campaign theme is "Today's Decision, Tomorrow's Security."

For information on how you can decide today to have a more secure tomorrow, contact your command's Savings Bond representative or your local Personnel Support Activity.

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HEADLINE: National Volunteer Week is 21-27 April

CNO Washington (NSMN) -- National Volunteer Week 1996 is 21-27 April. Each year, Volunteer Week honors the contributions of America's volunteers everywhere. Navy volunteers serve the nation twice: first, by their volunteer military service to complete the Navy's mission often under arduous and dangerous conditions; second, by lending a hand to a shipmate, a friend, a neighbor, or a stranger in need. By their very nature, Navy men and women are volunteers, and that volunteer spirit runs through everything they do.

I commend our Navy volunteers everywhere, who cheerfully serve their nation and their communities, making the world a better place; and who do so, not for any personal benefit, but because it's the right thing to do.

The week of 21-27 April is our opportunity to celebrate all who go the extra mile by volunteering. So this year, I urge all commands to ensure that their volunteers are formally recognized during National Volunteer Week 1996.

Story by ADM Mike Boorda, Chief Of Naval Operations

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